

Thanks to our funders and volunteers



Te Kaitiaki Pūtea o Tamaki o Tai Tokerau
supported by ASB

Rehabilitation Welfare Trust

The James Russell Lewis Trust

The Blue Sky Community Trust

Henderson - Massey Wellbeing Fund

Raffle Prizes

We would like to thank all the businesses that have kindly donated goods for our Christmas raffle. We were overwhelmed with the generosity shown by local and national businesses willing to give us items to include in our Christmas raffle.

It just goes to show that New Zealand businesses are really supportive of charities that benefit New Zealander's.

Thank you to our clients who donated to our raffle:

Denise , Leota, Bebe, Jenny , Rosemary. Julie and Bob Adams

A warm thank you goes to:

WestCity TradeAid

Davies Foods

Red Seal

Hoyts Cinema

PINZ Henderson

Coffeelab

NZ Artisan Honey

NZME

Epicurean Dairy Co

Flox

Whittakers

Penguin Random House

EcoStore

Craig Potton Publishing

Apicare

Botanical Road

Chasing Cat

Ashley and Co.

Matakana Skincare

Al Brown

Evolu

Henry and Co

Viola Organics

Thank you also goes to the following people who have given up their valuable time to provide their services to us:

Debbie ,Graeme and Eric from Kiwi Rehab

Allan Williams

MS Society

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Integrated Neurological Rehabilitation Foundation

Newsletter December

Hi my name is James Crowther, I'm 41 and have Limb Girdle one of the many forms of Muscular Dystrophy. This particular type has a slow onset starting at 16-18 years of age which has affected my hips and shoulder muscles. The best way to describe this condition is that it's like wearing a heavy backpack and heavy shoes which means I have to swing my leg forward like a pendulum.



I first noticed a change in my physical condition when I was 18, I began to fall over more and more often. At 22 someone commented about the way I walked and stood with my pelvis. I had thought that I was standing perfectly straight and was walking like everyone else. I had quite a physical job that involved a lot of lifting and walking, so I should have been getting stronger and fitter. I also realised that I had problems lifting, and increasing difficulty riding my 750cc motorcycle. It wasn't until the year 2000 at the age of 27 that the Neuro -specialist suggested that I may have limb girdle Muscular Dystrophy. This answered a lot of questions, as by now my lack of strength was becoming more apparent. I needed to use handrails to walk up the stairs and standing up from a sitting position was becoming more and more difficult for me.

Now, at 41, I'm still walking with the aid of two walking sticks and have not worn shoes for seven years as I began to slip on wet floors and catch my feet on uneven surfaces resulting in falls and trips.

At the iNRF I'm encouraged by the positive attitude of the staff who focus on what I can do while being mindful of my limitations and taking into account the limb girdle is going to get worse over time. They are working with me to improve my capability and to maintain my mobility for a longer period of time. With their help I've gradually noticed small tasks are getting easier. It is very important to me to keep a level of independence especially when having a shower, even if that takes an hour and a half, at least I've done it myself! Who cares how long it takes because to keep moving is better than getting someone else to do it.

Continued

First day of term—Monday 12th January

I'm glad that the iNRF was recommended to me. Before coming here I simply would have taken tablets that were a waste of money and simply disguise the problem. I shall keep going to iNRF for the foreseeable future for my ongoing treatment and would recommend anyone else to try them also. The staff are always friendly, and the facility is comfortably heated and carpeted building with a lot of natural light in park like surroundings.

Positivity in life, is important to me I don't have any miserable people around me As the old saying goes "*Misery loves company*" it's important to remain positive in life. No matter how bad things seem to be I imagine myself trying to explain how tough my life is to those brave souls who fought at Gallipoli knee deep in mud for our freedom that we take for granted today, and suddenly things don't seem all that bad.

I wish you all a happy Christmas and a happy New Year

James Crowther and my amazing dog Cassey

Meet Ram

Hi I'm Ram Gudipoodi I joined the Integrated Neurological Rehabilitation Foundation Board of Trustees in April this year. I'm vastly experienced in Media both print & online. I've worked with leading daily newspapers, national newspapers and IT related specialty magazines.

As an entrepreneurial sales & marketing management strategist, I have good understanding of marketing and strategy and team building. I'm vastly experienced in increasing company revenues and good sales teams. I worked at Fairfax Media, APN (New Zealand Herald), Yellow Pages and the National Business Review, I've had a successful career in the advertising sales environment for over 12 years in New Zealand alone.

After a long stint of working in advertising, I've started my own online media business catering to SME market helping them connect to their right markets.

Having embraced digital media knowing its capacity to quickly reach many people in a very short time frame. With a massive decline of "captive audience" who now are connected via multiple channels. This is where my experience will assist INRF or NRS.

Ram Gudipoodi—Trustee



Support our work regularly

We are looking for people who want to invest in the work INRF does in the local community.

Can you give up two coffees a month to make a regular donation of \$10 per month to support our work?

It's easy to set up via automatic payment or direct debit. For more information contact Tracey on 09 836 6830 or email tracey@inrf.org.nz.



Our first Street Appeal was a success!

We were very excited to hold our first street collection on Wednesday 3rd December in West Auckland. Our street appeal coincided with International Day of People with Disabilities. We had over 30 volunteers including 10 clients at various locations such as WestCity and WestGate shopping malls. Thank you to all our volunteers we couldn't have done this without you. We had a number of Board members and clients who gave up their time for us.

We are happy to announce we raised a total of \$1,700. — **thank you!**

Thank you to local cafes for their support as well

Finch café – are donating 50cents from every coffee sold on Wed 3rd Dec and also have a collection bucket on their counter for a few days

Coffee Club Lincoln Road and Val's Café - also had a collection bucket on their counter for a few days

Thank You!



We would like to Thank

Pam from the Auckland MS Society for letting us borrow 40 donation buckets for our street appeal. We couldn't have done it without you!

Thank you to the following print companies for printing posters free of charge: Norcross Printing, Mail and Print, Crystalline Digital, Longley Printing and Copy Direct.



A message from the General Manager

We are all very sad to have said goodbye to Lucy Markie, who as you all know has done an amazing job for us managing the front reception area. However, on the other hand - we are pleased to have Tracey Cheung working with us as the Marketing and Fundraising Executive. Since starting just over a month ago, Tracey has been working hard planning and organising our first ever Street Appeal for the 3rd December 2014. This was a great success we had just over 30 volunteers to help out on the day which is an amazing effort.

I want to say a really big thank you to the clients, family members, carers and board members who helped us out on the day we couldn't have done it without you. Thank You.

I would also like to say a big thank you to everyone over the age of 65 who participated in the survey that I have been carrying out. We don't receive any specific funding for those over 65, so we are putting together a proposal to take to the WDH to see if they will give us some funding. Yes, we do get some funding from the Ministry of Health and we have been very lucky to get grants every year from Lotteries, COGS, the ASB Community Trust and The Trusts Community Foundation – however this is not enough to cover all our staffing and operating costs, which means looking for other opportunities. It is also time for us to be out there telling people our stories and raising our profile in the community so that people know who we are and what we do.

The countdown to Christmas is well and truly on now, Stacey decorated the Christmas tree and, Tracey has been busy asking local and national businesses for donations towards the Christmas raffle. I hope that I will see all of you at the Christmas lunch on the 12th December 2014 at the Swanson RSA.

I would like to take this opportunity to wish you all a festive Christmas and New Year from the staff team and the board here at the Integrated Neurological Rehabilitation Foundation

Carolyn Hegh — General Manager

givealittle
from the  Spark Foundation

Donate Now

You can now support our work by donating on our Givealittle page here www.givealittle.co.nz/org/inrfnz.

Givealittle is an online donation platform that allows us to collect online donations. It is easy to use and we receive 100% of the donations, so please share the link with your friends and family

Thank You From the Rehabilitation Team

Dear wonderful clients and families of iNRF

On behalf of our rehabilitation team, it is my pleasure to write to thank you for your continued hard work and support over the last year. Everyone knows that when you love what you do, coming to work is a pleasure and I know that I speak on behalf of our entire team when I say, hand over heart, that we are so grateful that our 'work' is made so pleasurable because you are so wonderful to be around.

Thank you for showing up – not just to your classes, but to yourselves. We know what we ask of you is not easy. We expect you to work hard, to move out of your comfort zones, to trust us, and to keep going even when the going gets tough and you *never* disappoint us. You inspire us to do our best so that we can provide you with our best, and you do that by giving us your best.

Thank you for letting us share in your successes and achievements – we love being able to celebrate with you. Thank you for letting us be there for you when you need support and thank you for allowing us to share in your struggles. Thank you for letting us be a part of your lives – we do not take for granted what an absolute privilege it is to work closely with people the way that you let us work with you.

On a personal note, I am rapidly approaching my 40th birthday. I used to think that forty was obscenely old – but I now just feel grateful for the opportunities that life has awarded me; grateful to work with such a wonderful conductive team, grateful for the amazing people like you that my career has brought to my life over the last 17 years, and grateful for the opportunity to work and live in beautiful New Zealand.

So, however you are celebrating, I would like to take the opportunity to wish you and your family every joy that the holiday season brings and health and happiness for 2015.

Kia ora koutou katoa i te whanau o iNRF. Nga mihi o te Kirihimete me TeTau Hou a 2015 ki a koe me te whanau.

Naku Noa,

Lisa Gombinsky Roach

**Senior Rehabilitation Specialist
Manager of Conductive Education Services**

Welcome Tracey

Hello I am Tracey Cheung; I am the new person here at Integrated Neurological Rehabilitation Foundation. You have probably seen my around the place and wondered who I am.

I joined iNRF in October as a Marketing and Fundraising Executive. I work closely with Carolyn and the team here to help promote our work in the wider community. Recent events that I've helped organise were our first Street Appeal held on Wednesday 3rd December and the Blue Illusion Fashion Show held on Friday 12th December. Another part of my job is to tell people in the community about our services here to help bring new clients to our centre.

I have always been passionate about working for charities that is why I wanted to join iNRF. I feel privileged to work along side the dedicated staff here at iNRF as they're passionate about changing client's lives. I have enjoyed meeting clients since I started and I enjoy meeting more clients in the coming months.

Also, if you have any ideas for future fundraising please come along to our Fundraising Committee – read more about this below. We would love client's involvement.

With regards,

Tracey Cheung

Marketing and Fundraising Executive



Be a part of our Fundraising Committee:

If you have any fundraising ideas please bring them along to our monthly Fundraising Committee meeting held

**The last Tuesday of the month
9.30am – 10.30am.**

First meeting of 2015 — Tue 27th January

If you will be attending please let a staff member know

Thank You and See you there.

